

Title of Research Healthy Cooking for Healthy Communities: Using a group visit model to provide population-specific nutrition and wellness education.

Presenter Johnna Nynas, MS4, University of Minnesota Medical School

Abstract

Objective or Hypothesis Healthy Cooking for Healthy Communities is a series of free classes about wellness and healthy cooking for patients in the Bemidji area, developed in response to the overwhelming prevalence of obesity and socioeconomic issues facing the community. Using a group visit model along with an interdisciplinary team of health care professionals and professional chefs, this program was designed to teach patients about nutritious foods, meal planning, and healthy cooking techniques. By utilizing principles of adult learning, classes provide patients with practical health information relevant to their daily lives and challenges misconceptions that healthy eating is time consuming, expensive, and tasteless. Participants not only get hands on experience preparing healthy meals, they find support in their efforts from talking to other class participants, have a forum to exchange ideas, and ask questions of health care professionals. An initial series of classes was received with great enthusiasm from patients, physicians, and the community, and additional classes are planned to continue this spring. Learn how we taught patients about basic principles of nutrition, shared ideas about healthy lifestyles, prepared and taste tested delicious healthy meals, all for less than the cost of an average office visit co-pay.

IRB Exemption ☒ **HIPAA Compliance** ☒

Mentor(s) Suzanne Human M.D., Sanford Health, Bemidji, MN

Funding Sources MAFP Foundation Medical Student David Mersy Externship, Sanford Health Bemidji

This scholarly work is funded by the Minnesota Academy of Family Physicians Foundation and the American Academy of Family Physicians Foundation.